

**ABSTRACT OF THE DISCLOSURE**

A method is provided of fortifying a single serving prepared beverage having minimal nutritional value with one or more nutritional supplements. The method includes the step of providing a supplement base. A further step is combining nutritional supplements into the supplement base to form a nutritional composition. The nutritional composition can be packed into a single serving dispenser. Another step is combining the nutritional composition from the single serving dispenser with the single serving beverage having minimal nutritional value for personal consumption.

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